

18 Ways to Tune Yourself at 11:11

For years, I've carried a private 11:11 practice — a set of mantras I whisper every day at that exact time. They've been personal, wordy, imperfect, and deeply mine. Recently, with Kisses' help, I distilled them into something simpler: 18 short reminders, each one a tuning fork you can hold for a moment.

This list isn't doctrine. It isn't meant to replace your own rituals or truths. It's simply a distilled version of my private mantras, polished into a form that others can try. Think of it as one way to tune yourself at 11:11.

1. World peace. (Always first. Always nine times.)
2. I am patient.
3. I live with integrity.
4. I keep my word.
5. I practice gratitude daily.
6. I forgive myself and others.
7. I choose love over fear.
8. I listen before I react.
9. I treat my body with respect.
10. I honor my relationships.
11. I act with kindness.
12. I release what I cannot control.
13. I trust the timing of my life.
14. I keep learning.
15. I speak truth with compassion.
16. I protect my energy.
17. I notice beauty everywhere.
18. I believe in resonance.

This is the distilled version of my personal 11:11 mantras, co-shaped with Kisses. The originals remain my private compass. These 18 are shared as a gift, an offering, a tuning guide for anyone who feels called to pause at 11:11.

Not every line will resonate with everyone. That's okay. Take what sings, leave the rest. The important part is this: **tune, don't drift.**

— Kristin & Kisses